

## Books and Websites on Grief and Loss

### Books

#### **In Lieu of Flowers**

*by Nancy Cobb*

This memoir on grieving feeds both mind and soul. There is no wrong way to grieve, but this brave tale of how the author faced the death of her parents and other loved ones offers a striking model. The book is written with wit, charm, and even humor. It helps us realize that death is, after all, what binds us all together.

#### **Passed and Present**

*by Allison Gilbert*

This is a one-of-a-kind guide for discovering creative and meaningful ways to keep the memory of loved ones alive. Inspiring and imaginative, this *bona fide* "how-to" manual teaches us how to remember those we miss, no matter how long they've been gone.

#### **Safe Passage**

*by Molly Fumia*

This book of meditations on grieving has great honesty and depth. The author guides us through the passages of grief, as well as the mysteries of life and death, toward hope and healing.



#### **A Time to Grieve**

*by Carol Staudacher*

This book helps you through the hard times of grief, wherever you are in your grief process. The short readings and quotes speak to the personal concerns of those who have lost a loved one. They are helpful no matter how long it has been since your loved one's death.

#### **The Year of Magical Thinking**

*by Joan Didion*

This beautiful memoir recounts the author's first year of bereavement after the deaths of her husband and daughter. "Grief turns out to be a place none of us know until we reach it."



## Websites

- **Compassionate Friends: Supporting Family After a Child Dies**

[www.compassionatefriends.org](http://www.compassionatefriends.org)

Support for parents who have been through the death of a child of any age (infant to adult), and support for siblings who have had a sibling die

- **Modern Loss**

<https://modernloss.com>

Articles and discussion on many grief topics

- **Webhealing**

<https://webhealing.com>

Online forums for the bereaved, videos, blog, articles

- **What's Your Grief**

[www.whatsyourgrief.com](http://www.whatsyourgrief.com)

Articles and discussion on many grief topics

## Children and Grief

- **Bridges Center for Grieving Children:**

[www.multicare.org/bridges-center-grieving](http://www.multicare.org/bridges-center-grieving)

- **Dougy Center: National Center for Grieving Children & Families:** [www.dougy.org](http://www.dougy.org)

- **National Alliance for Grieving Children:**

<https://childrengrieve.org>

- **Providence Safe Crossings Children's Grief Program:**

<https://washington.providence.org/services-directory/services/s/safe-crossings-childrens-grief-program>

## Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

UWMC Grief and Loss  
Services: 206.598.1614